

# Watch Carefully the Child's Diet

Start Them Off Right With a Good  
Laxative and Then Watch  
Their Food.

Mothers are often unconsciously very careless about the diet of their children, forcing all to eat the same foods. The fact is that all foods do not agree alike with different persons. Hence, avoid what seems to constipate the child or to give it indigestion, and urge it to take more of what is quickly digested.

If the child shows a tendency to constipation it should immediately be given a mild laxative to help the bowels. By this is not meant a physic or purgative, for these should never be given to children, nor anything like salts, pills, etc. What the child requires is simply a small dose of the gentlest of medicines, such as Dr. Caldwell's Syrup Pepsin, which, in the opinion of thousands of watchful mothers, is the ideal remedy for any child showing a tendency to constipation. So many things can happen to a constipated child that care is necessary. Colds, plies, headaches, sleeplessness, and many other annoyances that children should not have can usually be traced to constipation.

Many of America's foremost families are never without Syrup Pepsin, because one can never tell when some member of the family may need it, and all can use it. Thousands endorse it, among them Mrs. M. E. Patten, Valley Junction, Iowa, who is never without it in the house. Mrs. Patten



RALPH M. PATTEN

says that Syrup Pepsin has done wonders for her boy Ralph, who was constipated from birth but is now doing fine. Naturally, she is enthusiastic about it and wants other mothers to use it. Dr. Caldwell's Syrup Pepsin is sold by druggists at fifty cents and one dollar a bottle, the latter size being bought by those who already know its value, and it contains proportionately more.

Everyone likes Syrup Pepsin, as it is very pleasant to the taste. It is also mild and non-gripping and free from injurious ingredients.

Families wishing to try a free sample bottle can obtain it postpaid by addressing Dr. W. B. Caldwell, 203 Washington St., Monticello, Ill. A postal card with your name and address on it will do.

## No Cheese-parer.

The late George A. Hearn, the New York millionaire art collector, was noted for his generosity to his employees.

To a reporter who once congratulated Mr. Hearn on the high wages and unusual comfort that his employees received, Mr. Hearn said:

"I don't believe in cheese-paring economy in the treatment of those whose hard work makes a man's success. Cheese-paring economy, applied in that way, seems to me as mean and paltry as the Yonkers man."

"A Yonkers man was summoned from his evening paper by his wife's frightened cry:

"George, come quick! The cook has tried to kill herself inhaling gas!"

"Good gracious!" growled George, as he rushed to the kitchen, leaped over the cook's prostrate form, and turned off the cock—"good gracious, think what the gas bill will be this month!"—St. Louis Globe-Democrat.

# ENDS DYSPEPSIA, INDIGESTION, GAS

"Pape's Diapepsin" cures sick,  
sour stomachs in five minutes  
—Time It!

"Really does" put bad stomachs in order—"really does" overcome indigestion, dyspepsia, gas, heartburn and sourness in five minutes—that just makes Pape's Diapepsin the largest selling stomach regulator in the world. If what you eat ferments into stubborn lumps, you belch gas and eructate sour, undigested food and acid; head is dizzy and aches; breath foul; tongue coated; your insides filled with bile and indigestible waste, remember the moment "Pape's Diapepsin" comes in contact with the stomach all such distress vanishes. It's truly astonishing—almost marvelous, and the joy is its harmlessness.

A large fifty-cent case of Pape's Diapepsin will give you a hundred dollars' worth of satisfaction.

It's worth its weight in gold to men and women who can't get their stomachs regulated. It belongs in your home—should always be kept handy in case of a sick, sour, upset stomach during the day or at night. It's the quickest, surest and most harmless stomach doctor in the world.—Adv.

## Tact.

A miner got killed, and a tactful associate was delegated to break the news to the widow.

So the tactful fellow called at her house and said:

"With your golden hair, blue eyes, and pink-and-white complexion, ma'am, you'd break every heart in town if you were widow's weeds."

The young woman laughed and blushed for pleasure.

"Oh, go on," said she.

"And you are a widow, too," said the tactful miner quickly, seizing his chance. "Bill's legs and arms was just blown off in an explosion. But, by Jimminy, ma'am, ain't you goin' to look good in black, though?"

## Easy to Find Out.

"Does your father object to kissing?"

"I don't know. Shall I tell him that you would like to kiss him?"

# For Handy Boys and Girls to Make and Do

(Copyright by A. Neely Hall)

By A. NEELY HALL.

## TOYS FROM NUTLAND.

The amusing little figures shown in the illustrations are a few of the many that live in Nutland. Five cents' worth of peanuts, a few chestnuts and pecans, some pumpkins or squash seeds, and a few handfuls of toothpicks will furnish material for making them.

Figure 1 shows the wild man and his prancing horse. The man is made of two peanuts, one for the head and one for the body. These are joined together by a short piece of toothpick stuck into a hole pierced in the end of each nut with a knife. Pierce holes in the body peanut in the right places for the arms and legs, and stick toothpicks, bent as shown, into these holes.

For the wild horse, select a long double peanut. Pierce two small holes near one end, and insert two bits of toothpicks for ears. Four bent toothpicks form the legs, and another forms the tail. The wild man must be fastened to the horse by sticking one end

By DOROTHY PERKINS.

## A PLAY STORE.

Play store-keeping is great fun for a summer's day, and a very good counter for a little store may be made in the simple manner shown in Figs. 1 and 2.

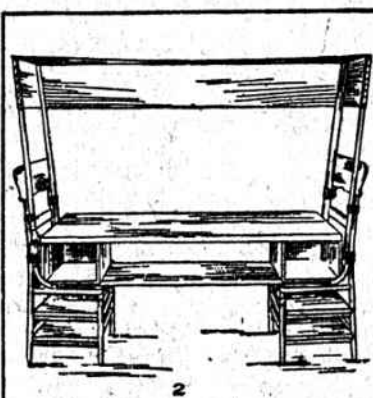
Chairs are best for the end supports of the counter, though if you can find



two grocery boxes about 30 inches high they will do. The illustrations show chair supports, for they will probably be easiest for you to obtain. As the chair seats are not high enough to rest the counter board upon, you must place a small box upon each to make them of the right height.

If you cannot find a nice clean board for the counter-top, probably you can borrow one of the extra dining-table boards, or the ironing board. Another board of equal length to that used for the top, placed across the chair seats, beneath the small boxes, will make a good shelf, and by turning the small boxes so their open ends will be towards the back of the counter, and placing short pieces of board across the chair rounds, as shown in Fig. 2, you will have two splendid cupboards of three shelves each in which to keep stock.

The canopy above the counter is really not necessary, but I think every girl will want one, for it makes the store much neater appearing. For the corner sticks you may use broom-handles, short curtain poles, and any



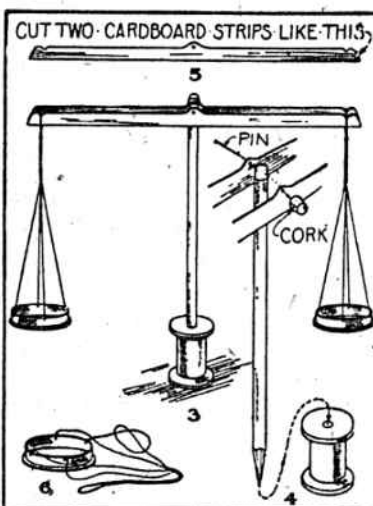
other sticks, that you can find. Bind them to the chair backs with string.

Get a large enough piece of cloth for the canopy covering to extend over the four corner sticks and hang down across the front and ends to form a band eight or ten inches wide. Tack the cloth to the corner sticks.

The front and ends of the counter should be enclosed with cloth or heavy wrapping-paper.

Of course, you must have a set of scale balances for your counter. Your little store would not be complete without them. Figure 3 shows a set very easy to make. The base of these is a large spool, and into the center hole of this spool a rubber-tipped pencil is slipped for the center support (Fig. 4). Cut the top cross strips from the cover of a cardboard box, making them ten inches long. Cut the ends and center as shown in Fig. 5, and pierce a pinhole through the center. Figure 4 shows how the strips are fastened each side of the rubber-tip of the pencil, by means of a pin pushed through them and through the rubber-tip; also, how a small cork is pushed on to the point of the pin, so there will be no danger of it injuring you.

The weighing trays are made of pill-box covers of equal size. Pierce four holes through the rim of each, and, after running a thread through each

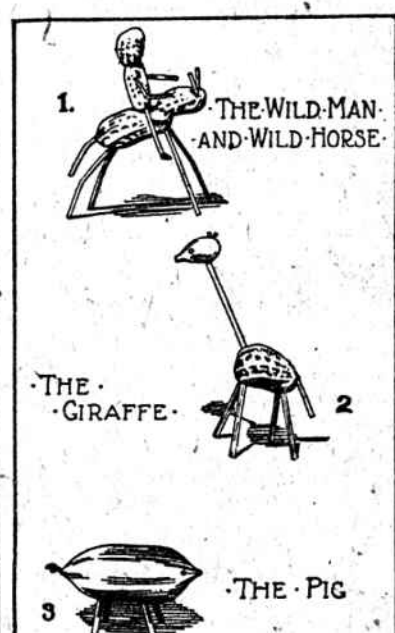


hole, bring the upper ends together, knot them three inches above the tray, and form a loop two inches above the knot to slip over the notched end of the top crosspiece.

This completes the scale balances. The small collar buttons with which laundered shirts are returned from the laundry make excellent weights. Lacking these, you may use almost any kind of small buttons.

## The "Dip's" Inning.

"Time changes everything."  
"It certainly does. You remember that old joke about how hard it was to steal a woman's purse because no thief was smart enough to locate the pocket in her skirt. With these X-ray draperies they're wearing now it's almost a shame to take the money, as it were."

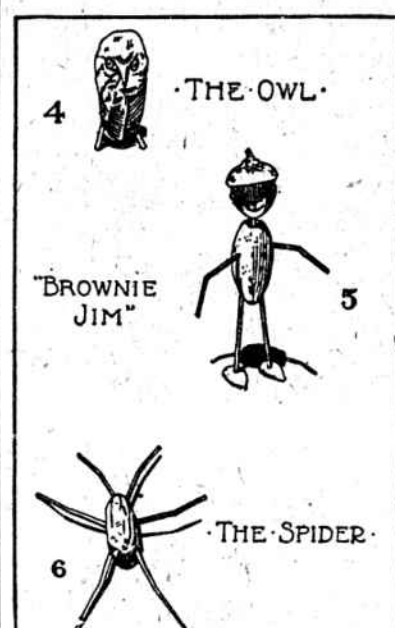


of a piece of toothpick into his body and the other end into the horse's back.

The giraffe (Fig. 2) has a peanut body, toothpick legs, a toothpick neck, and a toothpick tail. Its head is a pumpkin seed, with eyes marked with pen or pencil. The ears are short pieces of toothpicks stuck into a slit made with a knife in the edge of the seed. Another slit is made in the edge of the seed for the toothpick neck to stick into.

The pig (Fig. 3) has a peanut body, and four short toothpick legs. The tail is a piece of string. Twist the string into a curlycue, make it stiff by dipping it into glue, and stick its end into a hole made in the end of the peanut nut. The eyes are marked with pen or pencil.

The old owl (Fig. 4) is made of a peanut. By careful hunting, you will



find a nut of just the form shown. Then all you will have to do is mark the eyes with pen or pencil and make a pair of toothpick feet.

Brownie Jim (Fig. 5) is keeper of the Nutland zoo. His body is an almond, his head a chestnut, and his arms are toothpicks. He wears broad shoes made of pumpkin seeds and a hat made of a cup from a large acorn.

The spider (Fig. 6) is a monster, but is quite harmless. Its body is a peanut, and its legs are bent toothpicks.

Nutland sparrows are just as fat and saucy as any live ones you have ever seen. Select a peanut for the body, make the feet of toothpicks, and mark the eyes and beak with pen or pencil.

For the porcupine pierce one side of a peanut full of holes, and stick broken toothpicks into the holes for quills. Then provide four toothpick legs.

The "gump" lives only in Nutland. Its body is a double peanut, and its legs are halves of toothpicks.

## No Laundry Bills.

He was an optimistic soul and a sportsman—a combination that made him a friend to bookies, both directly and indirectly. His pals, whom he infected with his enthusiasm, followed his tips blindly, with more often than not disastrous results.

"See what you've done," wailed one of his friends after a race. "And you told I could put my shirt on that horse."

"And did you?"

"Yes—worse luck."

"Well, then," replied the optimistic sportsman, "see the money you'll save on laundry bills!"—Tit Bits.

# INTERNATIONAL SUNDAY SCHOOL LESSON

(By E. O. SELLERS, Director of Evening Department, The Moody Bible Institute, Chicago.)

## LESSON FOR MARCH 8

WATCHFULNESS.  
(Temperance Lesson.)

LESSON TEXT—"Luke 12:35-48."  
GOLDEN TEXT—"Blessed are those servants whom the Lord when he cometh shall find watching."—Luke 12:37.

The words of Jesus are the greatest authority the believer has upon which to found his belief in the Second Coming. Some refuse to have much to do with this important theme because others have perverted it or else "overly emphasized it" yet in the 260 chapters in the New Testament there are 318 distinct references to this theme, a far greater proportion than is placed upon some of the doctrines upon which whole denominations have been founded.

## Relative Value.

I. The exhortation to watch, vv. 35-40. This is the beginning of a new paragraph. Jesus has been showing the relative value of material possessions and the Kingdom of God and epitomizes his teaching in v. 34. He now sets before his disciples what shall their attitude towards him during his absence (II. Pet. 3:11, 12 R. V., Titus 2:13; II. Tim. 4:8). Thus to be watchful seems to contradict his suggestions about anxiety. We need to remember, however, that the child of the Kingdom is in entirely new relationship with the world. His desire is not for self enrichment but rather to be in such relations with God as his rights demand and thus to bring to others their highest good. This parable epitomizes opportunity. Rightly to make use of none's opportunities spells happiness for the disciple when he the king shall appear. The evidence that we are watching for his appearing consists of the readiness of the individual who is or is not watching, v. 35; I. Pet. 1:13. Jesus knocks at the individual heart (Rev. 3:20) but when he comes "will be to present at a feast, v. 36. We cannot contract this time and there is no call to service tomorrow. Lions are ready for the battle or for the race, and lamps burning, (light is always the result of something being consumed), are today's visible evidence of continuous service. Jesus (v. 38) tells us that not all shall experience the blessing of his coming, e. g., be ready for the blessed ministrations of his presence. As a thief comes unannounced so will he come, Matt. 24:43, 44. Thieves do not announce their programs, but though he comes thus unannounced we need not be overtaken, I. Thess. 5:4-6; I. John 2:28. When the king comes, he will serve those who have served him and both will be satisfied, Isa. 63:11.

## Peter's Question.

II. The explanation to Peter, vv. 41-48. Between this parable and the one which follows, Peter interrupts by asking the question, "Lord, speak thou this parable unto us, or even unto all?" That which follows is his answer to that question but it is also a continuance of the teaching just given. In this part Jesus refers to stewards (bond-servants) that it is their supreme business to seek the Kingdom by selling in order to give. The work of a servant is to give to the members of an household, each in due season his portion of the father's bountiful grace. John 21:15-17; I. Pet. 5:2; Jer. 3:15. There are many deceitful servants who first feed themselves, or feed only a portion of the household, or who feed chaff rather than bread, even the true bread of life, I. Pet. 2:2; 4:10, 11. Jesus teaches us that each bond-servant shall likewise be judged and that suddenly. If he has proved himself worthy he shall be rewarded, if not, he shall be punished (v. 47). A servant who is "looking" will be faithful and because so many are not thus watching accounts for a great measure of the worldliness, lax evangelism and self-indulgence so common in our churches of today. A awful judgment awaits the unfaithful v. 46, Matt. 25:41.

III. The exhortation. Jesus Christ here presents to us the fact that we shall all be judged. That the measure of our reward or of our punishment is dependent upon the measure of our knowledge and of our opportunity, James 4:17. To him to whom much is given, of him shall much be required. Our present responsibility is that of being ready for the coming of the King and of his Kingdom. The expression of that readiness is evidenced by our lives of service. There are of course many other phases of service not included in this parable, but our Lord is emphasizing opportunity, stewardship, service, watchfulness. In order to fulfill our service we must enter into fellowship with the king in his reign, and those who enter into that fellowship, who are faithful, he will reward vv. 37, 43. The measure of our punishment is conditioned upon the measure of our knowledge (v. 48) and our knowledge can be enlarged as we use our opportunities.

IV. The Golden Text, (v. 37). Is intended to fix our attention upon the acts of our Lord when he shall return. It seems astonishing that he shall compel those whom he finds watching to seat themselves that he may gird himself and serve them. Here we gird ourselves that we may serve him by serving others (Matt. 25:40). But in that tomorrow the day of his victory, he will gird himself and serve those who have been watchfulness and obedient servants. This is a suggestion of the exceeding grace mentioned by the Apostle Paul, Rom. 11:33. This ought to inspire the souls of men with an earnest desire to serve one whose love is so great. Sublime in its simplicity and its suggestiveness, yet we may have the high satisfaction of that hour when fidelity shall be thus rewarded. This is a satisfaction and a reward that throws into the shadows all earthly honors and earthly advantages.

# "CASCARETS" FOR LIVER, BOWELS

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bad taste or constipation  
by morning.

Get a 10-cent box.  
Are you keeping your bowels, liver, and stomach clean, pure and fresh with Cascarets, or merely forcing a passageway every few days with Salts, Cathartic Pills, Castor Oil or Purgative Waters?  
Stop having a bowel wash-day. Let Cascarets thoroughly cleanse and regulate the stomach, remove the sour and fermenting food and foul gases, take the excess bile from the liver and carry out of the system all the constipated waste matter and poisons in the bowels.

A Cascaret to-night will make you feel great by morning. They work while you sleep—never gripe, sicken or cause any inconvenience, and cost only 10 cents a box from your store. Millions of men and women take a Cascaret now and then and never have Headache, Biliousness, Coated Tongue, Indigestion, Sour Stomach or Constipation. Adv.

## Corner Reporter.

The man with the "I Am Blind" sign on his breast smelled of gin, but he looked pathetic. I stopped in front of him. He held out his tin cup. I had my suspicions.

Eying him carefully I drew from my pocket a large roll of bank bills. I saw him shudder.

"It is the chilly breeze," he hastily explained.

I wasn't satisfied.

"Come," I said, "if you leave this corner and go somewhere else I will give you a bank bill."

"Sure, I will," he eagerly replied. "Taking a \$1 bill from the roll, I put it in his hands."

"Thanks for the dollar," he said as he picked up his stool.

My suspicions rushed back.

"How do you know it is a dollar?" I demanded.

"I was sure you would give me the smallest bill you had about you," he said, and shambled along.

I think he had me there.—Cleveland Plain Dealer.

## SAGE-TEA DARKENS GRAY HAIR TO ANY SHADE. TRY IT!

Keep Your Locks Youthful, Dark,  
Glossy and Thick With Common  
Garden Sage and Sulphur.

When you darken your hair with Sage Tea and Sulphur, no one can tell, because it's done so naturally, so evenly. Preparing this mixture, though, at home is messy and troublesome. For 50 cents you can buy at any drug store the ready-to-use tonic called "Wyeth's Sage and Sulphur Hair Remedy." You just dampen a sponge or soft brush with it and draw this through your hair, taking one small strand at a time. By morning all gray hair disappears, and, after another application or two, your hair becomes beautifully darkened, glossy and luxuriant. You will also discover dandruff is gone and hair has stopped falling.

Gray, faded hair, though no disgrace, is a sign of old age, and as we all desire a youthful and attractive appearance, get busy at once with Wyeth's Sage and Sulphur and look years younger.—Adv.

## Horses and Cards.

"Why is it you always win at poker?" she asked, "and always lose when you back horses?" "Well, my dear," came the genial response, "I don't shuffle the horses."—London Express.

## Diplomat.

"Pa, what is a diplomat?"  
"A diplomat, my son, is a man who remembers a lady's birthday, but forgets her age."

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